

2) For those 10 consecutive days you will take only the following supplements:

- a. Activator 3, 3X, after meals
- b. Diphasic A.M. 2, 3X, after meals
- c. Complex S 3, after breakfast
- d. Complex P 3, after evening meal
- e. Immuno-Synbiotic 2, before evening meal
- f. Electro Tonic 2 tablespoons in 2 cups of water --- 1 cup first a.m. & 1 cup before a later meal
- g. Salt _____ tsp. added to Electro Tonic

3) On Day 11 change your diet to the recommendations on Eat Well – Be Well, and change your supplementation to:

- a. Diphasic A.M. 3 after breakfast
 - b. Diphasic P.M. 3 after evening meal
 - c. Activator 2, 2X, after breakfast and evening meal
 - d. Complex S 1, after breakfast
 - e. Complex P 1, after evening meal
 - f. Immuno-Synbiotic 2, before evening meal
 - g. Electro Tonic STOP
 - h. Salt STOP
 - i. Taurine 2, 2X, first a.m. and before evening meal
 - j. Glutamine 2, 2X, first a.m. and before evening meal
 - k. Formula ES _____, 2X, after breakfast and evening meal
 - l. Oxy Tonic }
 - m. Oxy D+ }
- } Begin the Balancing Procedure as instructed.

4) You will need to see your NUTRI-SPEC practitioner on Day 29. At that time, your individualized DIPHASIC NUTRITION PLAN recommendations will be provided.